

Pick-WIC Paper

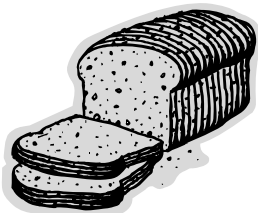
NORTH DAKOTA WIC PROGRAM

Volume 22 Number 9

Zucchini Bread Raspberry Refresher Barbecue Beef Sandwiches Apple Bread Danish Pastry Apple Bars

Zucchini Bread

3 eggs, beaten
1 cup canola or vegetable oil
3 teaspoons vanilla
1 teaspoon baking powder
3 cups flour
2 teaspoons baking soda
2 cups sugar
2 cups grated raw zucchini
1 teaspoon salt
3 teaspoons cinnamon
½ cup walnuts
2 teaspoons cocoa (optional)



Frosting (optional)

3 ounces low fat cream cheese, softened
2 cups powdered sugar
Skim milk

1. Mix together the eggs, sugar, and oil with a beater.
2. Add the remaining ingredients and mix.
3. Pour into two greased loaf pans. Bake one hour at 350 degrees.
4. To make the frosting mix the cream cheese with the powdered sugar. Add milk to the desired consistency. Frost after the bread has cooled.

Nutrition Note: This recipe makes 32 servings. Each serving has 210 calories with 38% calories from fat and 30 grams of carbohydrates.

Eating Together

Ask each family member the question, "If you could have any food for dinner tomorrow night, what would it be?" Then use everyone's favorite foods to plan the menu for dinner the next day or another meal during the week.



Raspberry Refresher

16 ounces fat free raspberry yogurt
½ cup chilled unsweetened pineapple juice
2 packets sugar substitute, any brand
4 ice cubes

1. Place all ingredients in a blender. Cover.
2. Blend on high speed until ice is in small pieces and the mixture is well blended.
3. Serve immediately in tall, chilled glasses.



Nutrition Note: This recipe makes 3 servings. Each serving has 110 calories with no calories coming from fat and 22 grams of carbohydrates.

Breastfeeding:

Breast milk contains antibodies from mom to help her baby fight illnesses and infections.

This means fewer trips to the doctor and fewer sick days from work.



Barbecue Beef Sandwiches

3 pounds round steak
1 tablespoon brown sugar
1 teaspoon dry mustard
½ cup ketchup
1 tablespoon Worcestershire sauce
½ teaspoon pepper
1 tablespoon vinegar
1 teaspoon paprika
1 medium onion, diced
1 cup water
½ teaspoon chili powder



1. Slice steak into ½ inch thick slices and brown. Place meat in slow cooker.
2. Combine remaining ingredients and pour over meat.
3. Cook on low setting for several hours or until meat can be flaked with a knife.
4. Serve on hamburger buns.

Nutrition Note: This recipe makes 10 sandwiches. Each sandwich has 370 calories with 32% calories from fat and 27 grams of carbohydrate.

Apple Bread

- 4 cups shredded apples
- 2 cups sugar
- ¼ cup canola or vegetable oil
- 2 eggs, well beaten
- 2 tablespoons vanilla
- 2 cups flour
- 2 teaspoons soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup chopped nuts

1. Mix apples, sugar, oil, eggs, and vanilla.
2. Sift dry ingredients; then add to apple mixture. Mix well; add nuts.
3. Pour into two loaf pans.
4. Bake at 350 degrees for 35 to 45 minutes.

Nutrition Note: This recipe makes 32 servings. Each serving has 130 calories with 31% calories from fat and 21 grams of carbohydrates.

Elephant Stew

- 1 medium-sized elephant
- 2 rabbits (optional)
- Salt and pepper

1. Cut the elephant into small bite-size pieces.
2. Add enough brown gravy to cover.
3. Cook over kerosene fire about four weeks at 465 degrees. This will serve 3,800 people.
4. If more are expected, two rabbits may be added. But do this only in an emergency, as most people don't like hare in their stew. 😊

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Have your child choose their favorite action storybook. While reading the story out loud, have your child copy the actions and expressions of the characters. Be creative and use your imagination.

Danish Pastry Apple Bars

- 2½ cups flour
- 1 egg yolk
- 8 to 10 tart apples, pared and sliced
- 1 teaspoon cinnamon
- 1 cup sugar
- 1 teaspoon salt
- 1 cup shortening
- 1 cup corn flakes
- 1 egg white

1. Combine flour and salt. Cut in shortening.
2. Beat egg yolk in measuring cup and add enough milk to make 2/3 cup liquid. Mix well. Stir in flour mixture.
3. On a floured board, roll half of the dough to fit a 15½ x 10½ inch baking pan including dough for up the sides.
4. Sprinkle corn flakes on bottom of pan and top with apple slices. Sprinkle sugar (to taste) and cinnamon over apples.
5. Roll remaining dough to cover top. Seal edges and cut slits on top.
6. Beat egg white until frothy and brush the top crust with egg white. If desired, sprinkle top of crust with sugar and cinnamon.
7. Bake at 375 degrees for 50 minutes.
8. Combine 1 cup powdered sugar and 3 to 4 teaspoons milk. Drizzle over warm bars.

Nutrition Note: This recipe makes 30 servings. Each serving has 160 calories with 38% calories from fat and 25 grams of carbohydrates.



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